

The Friends of Fareham Community Hospital



Patrons:

Alderman Brian Bayford, Councillor Seán Woodward, Lucy Docherty, Mark Hoban

FFCH NEWSLETTER 31

Autumn - Winter 2022

Letter from the Chair

Once again Christmas is almost upon us and the volunteers within the Friends continue to be very busy as you will see from this newsletter.

The hospitality team continues to support the vaccination programme, the gardening group had a very successful opening of the revamped courtyard gardens, the new transport initiative is growing steadily, and the memory groups continue to provide a much-needed sociable space for both carers and those they care for. Life would appear to be almost back to normal.

Our bookstall, located in the foyer of the hospital, is once again providing us with a small but much needed regular income. Please support this when you visit the hospital.

We plan to at last resume our popular health talks and our first one is scheduled for 22nd March 2023 when a local Pharmacist will be telling us how they are able to support their local communities. Another date for your diary is a quiz night planned for 11th February so please put these dates in your diaries.

The long-awaited Renal Unit is currently with Fareham Borough Council Planners, and I look forward to updating everyone soon as to the planned completion date. Dr Natalie Borman is giving a talk to Warsash Residents Association on 15th February around renal provision in Hampshire and why this facility is so badly needed.

Please support our Carol Service on 8th December at 6.30pm and please accept my apologies as due to Mayoral commitments myself and Mike will be unable to attend.

May I take this opportunity to wish you all a very Merry Christmas and a Happy 2023 and I hope you enjoy this festive season whatever you choose to do.

Best wishes – Anne Ford

The Friends of Fareham Community Hospital

Christmas Carols 2022

The Christmas tree has been erected with the help of hospital staff, has been decorated and is ready for our Carol service. Singing Carols around the tree will be on Thursday evening 8 December 2022, at 6.30 pm. The weather forecast is predicted to be dry but cold, so come well wrapped up. As we haven't completely entered the digital age yet, there will be a collection for cash donations on the night. Carol sheets will be provided, and hot chocolate, mulled wine and mince pies will be available.



FFCH Volunteer Refreshment, Hospitality Team

The vaccination programme resumed in September and the refreshment group continues to support the programme. We hope to have a break from the 5th of December and as yet do not know if we will be needed in the new year.

The Refreshment Group members also support the Monday Memory Group meetings and now offer much appreciated drinks to the Chemo patients' which is now busy most days. Many thanks to the volunteers who come for the chemo patients even when numbers are low.

With the Talk Meetings returning in the Spring of 2023 and a Quiz night also planned for Saturday 11 February the team will provide refreshments at these events.

Memory Groups

The morning and afternoon groups continue to meet each Monday at the British Legion. Numbers have varied as Covid continued to cause infection, however members have recovered and returned when better. The afternoon numbers have been larger than the morning group. The morning group is a good size, but some members have had ill health and have reached a stage when they find attendance stressful due to the progress of their dementia.

We have had several events: a Jubilee party; Cup Cake day for Alzheimer support; and an indoor picnic when the weather prevented us from using the hospital grounds.

The annual Memory Group Christmas Party is on 5 December at the Royal British Legion and the group are planning to have a picnic in the hospital grounds in the Spring.

Petta Dillaway

The Friends of Fareham Community Hospital

Volunteer Gardening Group

FFCH Courtyard Gardens

After extensive work by and on behalf of the FFCH gardening team, the Jubilee Courtyard garden was formally opened on 27 October by Suella Braverman, our local MP and the Mayor and Mayoress of Fareham, Councillor Mike Ford, and his wife Anne Hannah-Ford opened the Festival Courtyard. The gardens now provide a pleasing view for both patients and staff at the hospital.



Jubilee Courtyard

Jubilee Courtyard, with Queens Green Canopy Tree, and stone water feature donated by Dan Morgan our landscape Gardener.

Left to Right

Lee Williams Community Health Partnerships,
Rachael Samain GBPartnerships,
Mike Ford Mayor of Fareham,
Suella Braverman Fareham MP,
Anne Ford Mayoress & Chair of FFCH,
Jill Sadler FFCH Committee & Volunteer Gardening
Coordinator

Festival Garden with MP Suella Braverman and Amanda Bailey, Volunteer Horticultural Adviser



Festival Garden.

Armillary Globe donated by FFCH Supporter.

Left to Right

Rachael Samain GBP,
Lee Williams CHP,
Mayor & Mayoress Mike & Anne Ford,
FCH Patron, Councillor Seán Woodward and
Jill Sadler FFCH



Festival Garden



Armillary Globe in Festival Courtyard

The Friends of Fareham Community Hospital

Three Large Planters

Thursday 24 November saw several members of the gardening team mixing soil, peat, and gritstone in readiness for filling the three large planters donated by GB partnerships, who also provided £500 to cover the cost of those materials. After sealing the inside walls of the planters, the planters were moved to their final position in the gardens at the rear of the hospital and filled with the soil mix. Five hours later, backbreaking job complete! Bulbs and “bee friendly” plants have now been planted and we can look forward to a splendid display from spring, throughout the year They will of course need watering and maintaining.



So let me know if you might be prepared to help with any of the gardening activities, or if I am unavailable, contact the Hon. Treasurer, Peter Humphreys (07968 096 054).

Jill Sadler

Around and About

Fareham & Gosport Voluntary Sector Health Forum – Tuesday 20 September 2022 - Community First

The health forum was held on 20 September and a PowerPoint presentation of the event is available at <https://www.cfirfirst.org.uk/wellbeing/health-forum/fareham-gosport-voluntary-sector-health-forum-tuesday-20-september-2022/>

Community Engagement Group Meeting 27th September 2022

The Fareham and Gosport and South Eastern Hampshire Community Engagement Group was held at 10.30am on Tuesday, September 27 via Zoom. A copy of the minutes of the meeting will shortly be available to read on the FFCH website.

Vital Help For Ukraine In The Winter Months

Those watching the TV programme Countryfile in the summer will have seen that a project called New Forest for Ukraine has been set up where twelve New Forest communities have come together to provide urgent supplies needed by the beleaguered people of Ukraine as winter comes. This can now be accessed by people in the Fareham area, with drop-off points set up from which a concerned volunteer ferries collected items to Forest collection areas.

Items specially needed include duvets, pillows, sleeping bags, blankets, food, baby food, baby supplies, nappies, toiletries, new underwear, pet supplies and medical supplies, but nothing will be refused. Volunteers will wash used items. Please collect what you can and take them to:

Rachel McGuire, Meon Bye Farm, Triangle Lane, Titchfield, PO14 4HB

or

Louise Fletcher, Abbeycroft Nursery, Segensworth Road, Titchfield, PO15 5EA
delivering hope and support to people who desperately need it.

The Friends of Fareham Community Hospital

FFCH Transport Scheme

After a successful trial of the service, undertaken in conjunction with the Summer round of Covid vaccinations, the service is now “live” and demand for the service is increasing with over 60 clients provided with a return trip from home to the hospital. We have extended the service to cover both Covid vaccinations and regular appointments for hospital services such as visits to the chemotherapy suite.

To promote the service, Elaine Gamm, the transport coordinator has been to several GP Surgeries and Pharmacies in the catchment area, which is a 10-mile radius from the Hospital.

The expansion of the service means we need more drivers and if you are interested in helping, please leave your contact details on the application form on our website at <https://www.friends-of-fch.org/> or leave your details on 07760 450 930.

This is a not-for-profit service, and we only ask clients to cover the cost of the journey. All our team offer their services freely.



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Future Events

Plans are afoot for events in 2023. A new series of talks is planned with a local Pharmacist giving a presentation on Wednesday 22 March 2023, more details to follow.

A Quiz Night is planned for Saturday 11th February 2023 at the Royal British Legion for a 7:00pm start, again more details to follow.

Fareham Community Lottery

The Friends of Fareham Community Hospital continues to provide a regular, though small, income from Fareham Community Lottery. Several of the individuals who have purchased tickets have already won small prizes.

The funding is derived from the sale of lottery tickets and if you wish to support FFCH in this way, while at the same time having an opportunity to win cash prizes of up to £25,000.00 every week then go to www.farehamlottery.org.uk and search for Friends of Fareham Hospital. FFCH receives 40p per ticket sold.



Win a £1,000 John Lewis Voucher this Christmas!

Christmas is on the horizon, and here is the perfect prize to fill you full of holiday cheer - on Saturday 17th December, one lucky supporter will win a fantastic £1,000 John Lewis eGift Card!

Don't worry if you've left things 'til the last minute! From tech to toys and furniture to fashion, you can one-stop-shop your Christmas shopping with plenty left for some Waitrose treats – AND you'll be supporting a good cause too. It's a WIN-WIN situation!

SUPPORTER - Buy 1 ticket

HERO - Buy 2 tickets

PATRON - Buy 5 tickets

Details available at: <https://www.farehamlottery.org.uk>

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Membership Fees

Many thanks to all those members who have paid their Membership fees for this year.

The membership fee remains at £5.00, is due in June each year and can be paid by

either direct bank transfer to our Barclays Bank account

Sort Code: 20-30-89, Account Number: 43888142

or by giving a cheque to our Treasurer:

Peter Humphreys
47 Crescent Road
Locks Heath
Southampton
SO31 6PE

Cheques should be made payable to "Friends of Fareham Community Hospital".

Best regards

The FFCH team, December 2022